COCORECO

AI assessment

Personal development report

Example participant

06/11/2026

Explore thoughtful AI use at work: understanding, prompting, checking, handling data and learning from practice. For professionals who want to improve their approach. Your report brings together your self-assessment and helps you choose learning goals, checking agreements and a practical experiment.

A personal development tool with original questions informed by published frameworks. Connect the results with your work context and use the report for reflection, discussion and focused practice.

SAMPLE REPORT · FICTIONAL RESULTS

Summary at a glance

Your responses show practices you use more often and areas to explore. Connect the results with recent examples from your day-to-day work.

Relatively stronger themes

Understanding and choosing AI (77.5/100)

Areas to explore further

Collaboration, learning and improvement (22.5/100) · Critical verification (27.5/100)

These are relative differences within this profile. Choose a priority based on relevance, context and examples.

Your first practical step

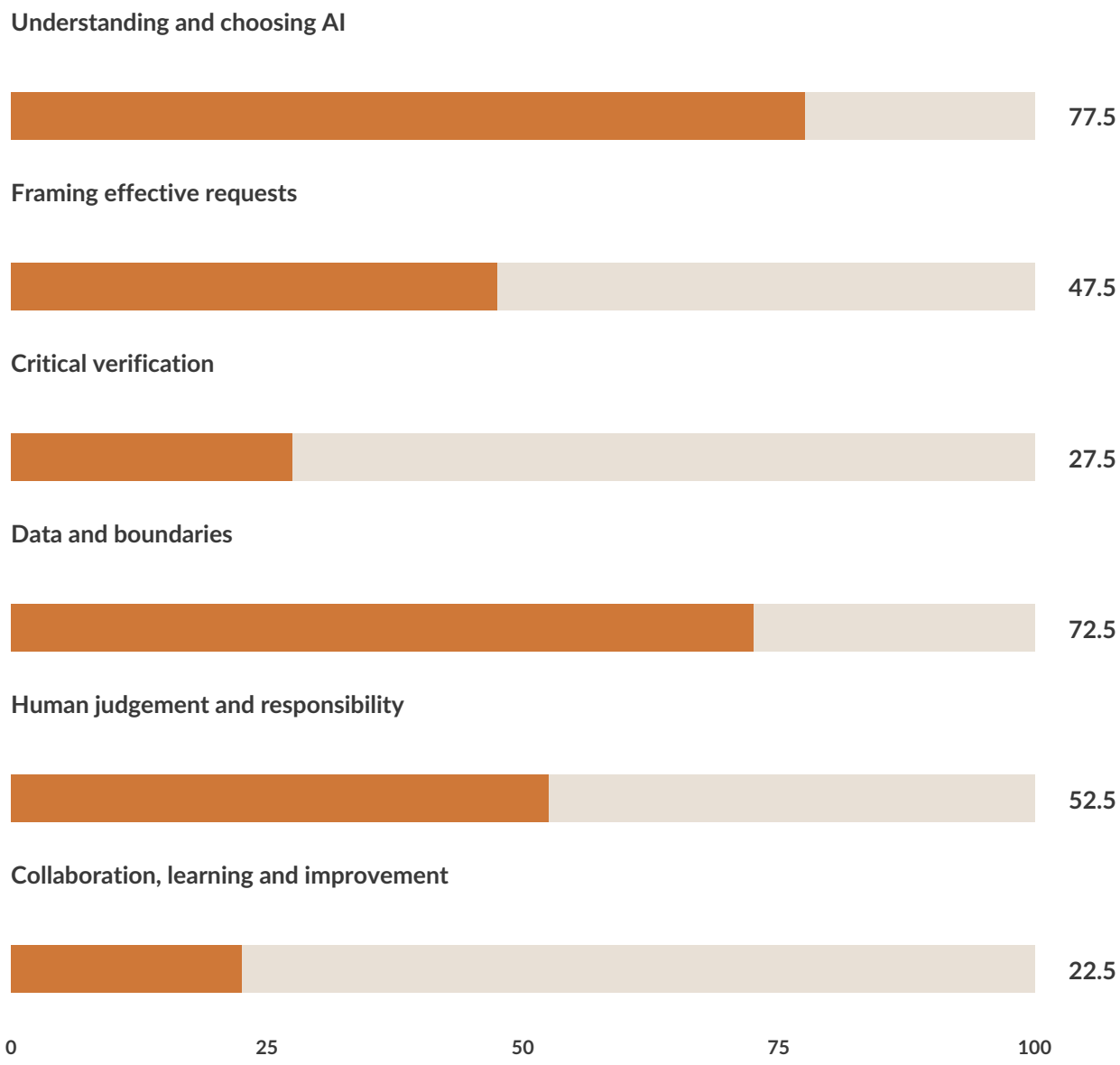
Test a bounded use for two weeks and review quality, time and effects with a colleague.

Within 7 days: try one action. After 2 weeks: review its effect using a concrete example.

Discussion prompt: what do you recognise, what surprises you, and which real example adds useful context?

Your profile

Weighted scale responses converted from 1-5 to 0-100. Self-assessment, not objective performance or percentiles.



Explore each dimension

Understanding and choosing AI · 77.5/100 · SD 17.5

Judging AI capabilities, limitations and appropriate use.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Compare one task with and without AI: quality, effort and limitations.

Framing effective requests · 47.5/100 · SD 17.5

Making goals, context, boundaries and expected quality clear.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Rewrite one request with goal, audience, context, limits and evaluation criteria.

Critical verification · 27.5/100 · SD 17.5

Checking accuracy, sources, assumptions and usefulness.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Verify three claims against original sources and record errors.

Data and boundaries · 72.5/100 · SD 17.5

Handling data carefully and following permissions and organizational agreements.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Create a fictional practice case and check permitted data and tools.

Human judgement and responsibility · 52.5/100 · SD 17.5

Considering effects on people, examining bias and retaining responsibility.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Ask a colleague to examine one AI proposal for affected people, assumptions and possible harms.

Collaboration, learning and improvement · 22.5/100 · SD 17.5

Integrating AI thoughtfully, discussing effects and developing skills.

This descriptive score is based on your own answers. Ask for a concrete example and explore the influence of your work context.

Practice step: Test a bounded use for two weeks and review quality, time and effects with a colleague.

Three practice suggestions from the model

Starting suggestion based on the three lowest descriptive scores. Check whether it fits your development goal.

1. Collaboration, learning and improvement

Test a bounded use for two weeks and review quality, time and effects with a colleague.

When: Within 7 days, in one concrete work situation.

Review: Ask for one concrete example of its effect and review after two weeks.

2. Critical verification

Verify three claims against original sources and record errors.

When: Within 7 days, in one concrete work situation.

Review: Ask for one concrete example of its effect and review after two weeks.

3. Framing effective requests

Rewrite one request with goal, audience, context, limits and evaluation criteria.

When: Within 7 days, in one concrete work situation.

Review: Ask for one concrete example of its effect and review after two weeks.

Method and sources

60 questions · individual administration

Original AI literacy development model informed by European Commission literacy resources and NIST AI RMF. Use the results to define learning goals and working agreements.

A personal development tool with original questions informed by published frameworks. Connect the results with your work context and use the report for reflection, discussion and focused practice.

European Commission - AI Literacy Q&A

https://digital-strategy.ec.europa.eu/en/faqs/ai-literacy-questions-answers

NIST - Generative AI Profile (AI 600-1)

https://doi.org/10.6028/NIST.AI.600-1

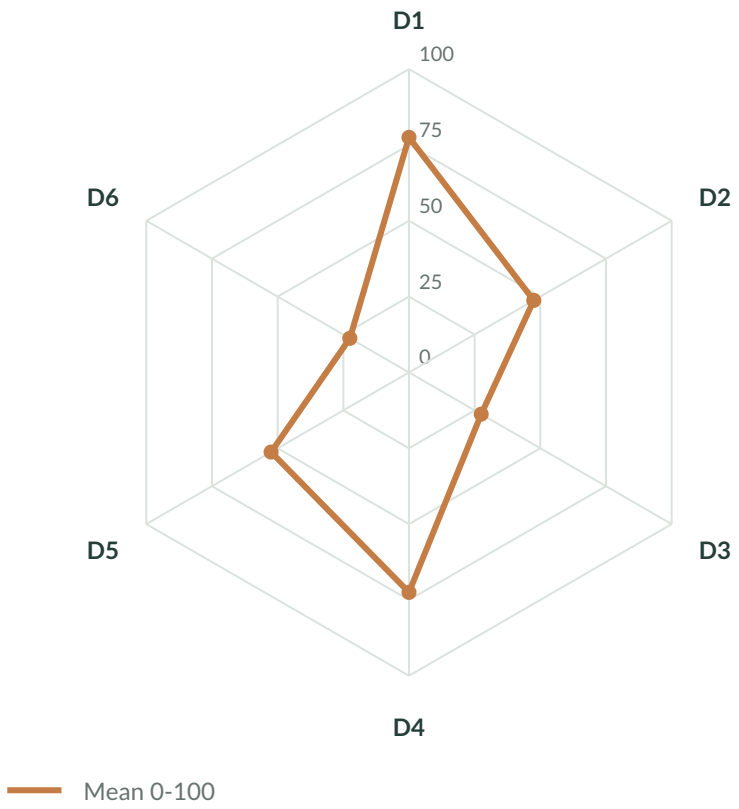
Support important decisions with multiple sources and professional guidance.

Overall profile

n=1 | Scale 0-100 | Model ai-literacy-60-v1

Invited: 1 | 100%

Read mean and spread together, alongside concrete work examples.



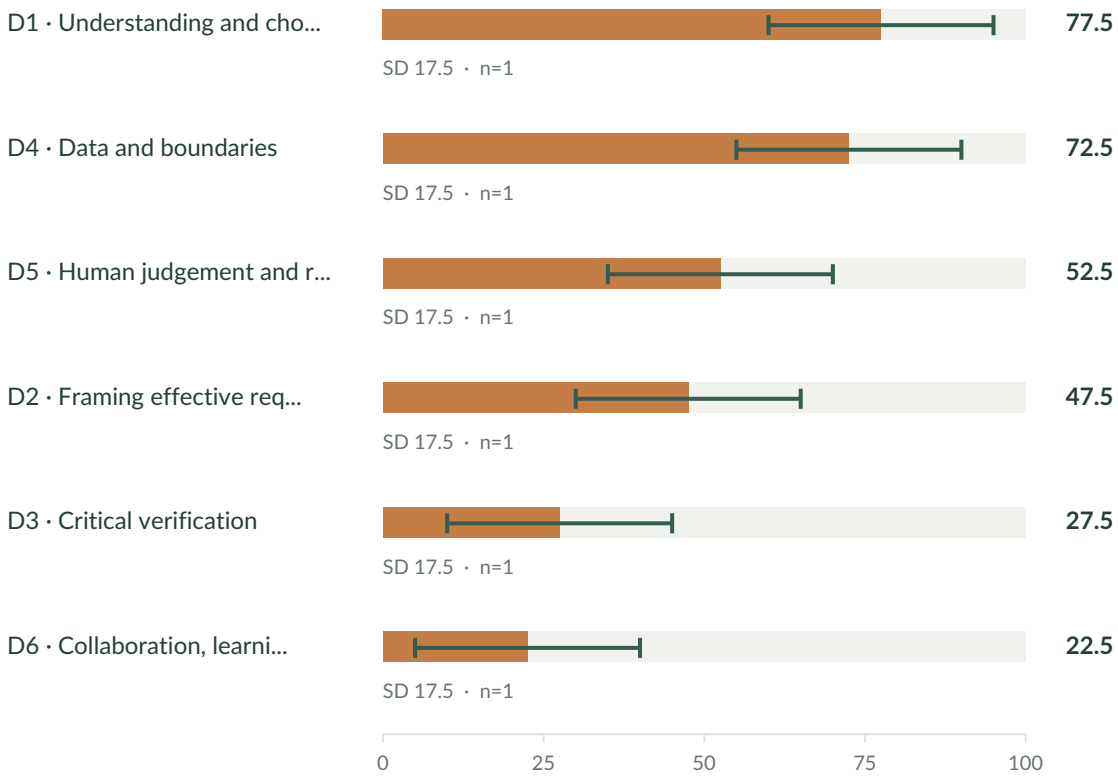
Fixed axis order. Compare domain scores, not radar area. D codes refer to the table below.

Mean and spread by dimension

Code / dimension	Mean	SD	n
D1 | Understanding and choosing AI	77.5	17.5	1
D2 | Framing effective requests	47.5	17.5	1
D3 | Critical verification	27.5	17.5	1
D4 | Data and boundaries	72.5	17.5	1
D5 | Human judgement and responsibility	52.5	17.5	1
D6 | Collaboration, learning and improvement	22.5	17.5	1

COCORECO | FICTIONAL EXAMPLE

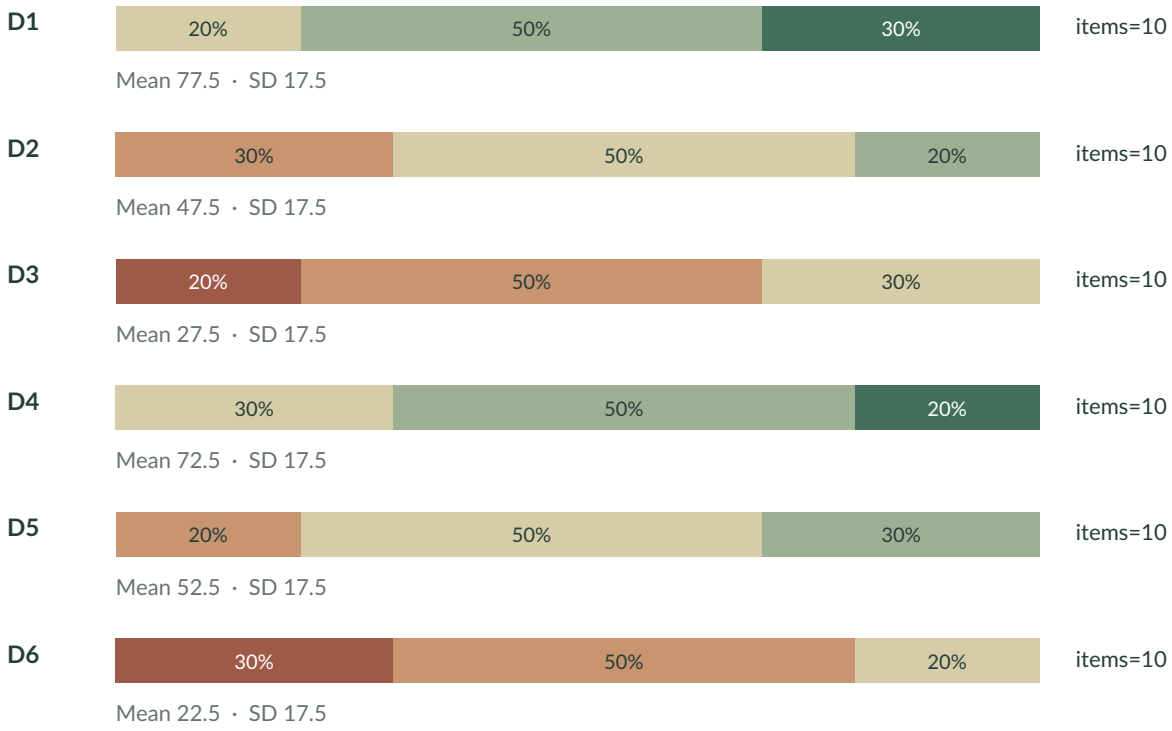
Strengths and development areas



Descending means. Whiskers = mean +/- 1 SD, clipped to the scale; not a confidence interval or significance test. Relatively strong does not mean sufficient; low does not automatically mean a deficit.

n = 1 person. SD is weighted spread across scored items in a dimension, not between people or a reliability measure.

Response distribution and spread



Colors 1-5: scored scale responses after reversal. Item counts, not people.

Dimension	1	2	3	4	5
D1	0	0	2	5	3
D2	0	3	5	2	0
D3	2	5	3	0	0
D4	0	0	3	5	2
D5	0	2	5	3	0
D6	3	5	2	0	0

Different perspectives

Not applicable: one participant and no other people's ratings.

Progress

No linked repeat. Compare only identical items and scoring under suitable conditions. Cognitive repeats can show practice effects.

Priority matrix

Expected impact x feasibility, both 1-5. Judgments come from development dialogue, not scores or algorithmic predictions. Choose two or three themes.

Fictionally rated priorities for illustration.



Top right: high impact and feasibility. Orange: selected. Unrated: not plotted.

Extended report - continued

Theme	Expected impact	Feasibility	Selected
D1 | Understanding and choosing AI	3	5	-
D2 | Framing effective requests	4	5	Yes
D3 | Critical verification	5	4	Yes
D4 | Data and boundaries	4	4	-
D5 | Human judgement and responsibility	4	4	-
D6 | Collaboration, learning and improvement	4	5	Yes

From priority to action

1. Framing effective requests

Specific behavior: Rewrite one request with goal, audience, context, limits and evaluation criteria.

Owner: Participant

Review date: 2026-11-27

Observable effect: Compare three approved work examples and review quality, errors and checking effort after two weeks.

2. Critical verification

Specific behavior: Verify three claims against original sources and record errors.

Owner: Participant

Review date: 2026-11-27

Observable effect: Compare three approved work examples and review quality, errors and checking effort after two weeks.

3. Collaboration, learning and improvement

Specific behavior: Test a bounded use for two weeks and review quality, time and effects with a colleague.

Owner: Participant

Review date: 2026-11-27

Observable effect: Compare three approved work examples and review quality, errors and checking effort after two weeks.

After two weeks, review visible changes and preserve what works. Repeat only with the same question and scoring model.